



Aging with Dignity. Since 1976

What's new in the day center activities?

Women's group

We are thrilled to see how the group is growing. It is so rewarding for us to welcome the golden agers to the Center in order for them to enjoy inspiring activities and develop an enriching social life.

Trips: This quarter our ladies enjoyed a trip to Mt. Adar just 15 kilometers west of Jerusalem. It is a peaceful and quiet area, green and beautiful. The ladies enjoyed being in the fresh air while learning about the history of the area.

Lectures: Each Tuesday there is a lecture on the 'Parsha of the Week' given by Mrs. Henya who also discusses other religious topics. As new immigrants, our ladies are eager and grateful to enrich their understanding. There is no age limit for learning and the Center will continue to offer interesting lectures.

Lectures on health and nutrition for the senior is given by Dr. Mark several times per month and is enthusiastically received. Mr. Eli Avrech, a lawyer and notary, donated his time to give a detailed lecture about important topics for retirees. He explained the important details of writing a will, contracts of buying\selling apartments, transfer of ownership of an apartment etc. At the end of the session, time was given to ask question and receive advice. The ladies found it very helpful.



Celebrating holidays at the Center



Chanukah - this year we had a special intergenerational Chanukah party. The ladies came with their grandchildren, created unique arts and crafts, enjoyed Chanukah songs and dancing, and of course, as the tradition obligates, a lot of Sufganiyot!



Tu Beshvat - we celebrated Tu Beshvat by planting herbs, donated by Eitan Mualem from 'Eitan Flowers' at the Ramot mall. The ladies planted them in the Center's therapy garden. They enjoyed it so much, as Tina, one of the members said: "It is so good to again do those things that makes us feel young and full of life!"

The herbs will also be used in our kitchen for the nutritious meals we send out.



Following the planting, Yonatan Jacobobov, gave the ladies a special and unique session on arranging dry fruits. Each one then created a remarkable plate!

Purim - this year too, Ariella, a costume designer, came and created a special costume for each member of the group. For the party they came well equipped with the colorful costumes and a lot of good spirit. They enjoyed the music and dancing, and more important, a lecture about the meaning of this holy day.



Men's group – Pensioner's Kolel

We had the pleasure to celebrate the one year anniversary of this current Kolel group! To celebrate this special occasion, the members awarded a special gift to Ezrat Avot and Rabbi Badichi in recognition of the excellent study they have been enjoying. It was moving too see and hear how they truly appreciate the dramatic change the Center has brought to their lives which are now socially active and meaningful.



New!

*We are developing additional groups for Hebrew and English speakers as well.

*Also in process is the development of a men's chess club. An excellent way to exercise the mind and establish friendships. For more details and to sign up for the current and upcoming groups, contact us at:

02-5829984 \ info@ezratavot.org

Meals on wheels

Reaching out to the homebound in our communities is of vital importance. Sadly, we cannot bring them to the Center, but we can bring nutrition and social contact to their homes.

Every week we send out hundreds of nutritious meals (no MSG and no added sugar) with a friendly driver who personally delivers the meals to each home. Our volunteers are the mainstay of this important program. Due to their enthusiastic volunteer efforts your donations of support can be applied directly to those in need.

I will relate the plight of one of our homebound recipients to help you understand the difficulty many of these souls face. 'F.G.' is a very sweet widow who lives with her handicapped son who is 50 years old. She is a diabetic and suffers from blood pressure issues. Several years ago, she fell and broke her pelvis. As we know, a fall can be critical for the elderly who have difficulty healing. She still suffers from the fall and requires strong pain medication. She receives a monthly pension from the government amounting to 3,000 shekels (\$881) from which she must pay rent, water and electricity in addition to medication at a cost of 400 shekels (\$117) monthly. There is not sufficient money left over for basic food requirements.

Ezrat Avot is able to deliver nutritious meals of chicken or fish, rice or buckwheat and a variety of vegetables for every day in the week. Our volunteers bake healthful but sugar free cookies to add a treat. For the holidays children from schools and local families will create cheerful cards to bring some warmth into the lives of the homebound, all of which is delivered with a warm smile from our driver. We are still working on recruiting senior volunteers to visit with the homebound to offer them some much needed social contact.



Bob Schwell Zt"l, one of our dearest volunteers, left us for a better world about a year ago. Bob came each week, sun or rain, to pack the meals with all his care and love for the other. Now, his family, children and grandchildren, continue his legacy of Chessed by regularly volunteering to feed the hungry.

In addition, the Schwell family has donated a large walk-in refrigerator to honor Bob's memory. It enables us to take advantage of lower cost volume purchasing which further holds down expenses.

Dry Goods

Packing dry goods for poor families and seniors in need, creates joyous busy activity in the volunteer's storage and packing room. The room has been renovated to accommodate larger quantities of goods and a pleasant atmosphere for our volunteers.

They enjoy quality time with family and friends to accomplish something so meaningful for others. Basic dry goods are packed for each Shabbat and special Holiday packages include all items required to properly observe the holiday.

Ezrat Avot is pleased to invite volunteers from all over the city and we especially enjoy those who are visiting Israel from other lands, wanting to perform chesed before returning home.

We thank, and are grateful for, our IDF soldiers who are also giving of their time to volunteer for the benefit of Jerusalem's seniors. It is so special to see their respect for meaningful values.



Mazal-Tov!

What a special celebration! Our faithful volunteer, Mrs. Spero, or 'grandma' as we call her, just turned 91! We celebrated this special event with the extended Ezrat Avot family, staff and volunteers. Our Executive Director, Sraya Sharabi, awarded grandma with a special certificate of appreciation and gratitude for all her work on behalf of Jerusalem's seniors by taking part in the Senior to Senior project.



Mazal Tov to the Bar Mitzvah Boy Mishael Natan! it is inspiring to see the young generation caring through giving back to our elderlies! Mishael donated his Bar Mitzvah presents to Ezrat Avot. We invite more Bar\Bat Mitzvah boys & girls to join him as well and to donate\volunteer for the benefit of Jerusalem's seniors.

We invite you to join the Ezrat Avot family to better the lives of Jerusalem's elderly & poor.

Send us your email address to receive our holiday news, paper-free and environmentally friendly.

**For credit card donations, call (972) 25825107 or make a donation through our secure website www.ezratavot.org
Check can be mailed to American Friends of Ezrat Avot, POB 181, Fair Lawn, NJ 07410. U.S tax exempt # 11-3113560**

May you always enjoy being on the giving side!